



Orange Roughy 新西兰橙鲷

HOPLOSTETHUS ATLANTICUS

Nihorota



Lengths available

30–40cm

Weights available

0.8–1.6kg

Up to 3.5kg

Catch methods



TRAWL
CAUGHT

Delicate flavour good eating flesh recognised as New Zealand's premium white fillet. Belonging to the Trachichthyidae family (roughies). Caught year-round by trawling at depths of 750 to 1200 metres on the Chatham Rise, off the continental shelf from Gisborne to Kaikoura, off south Westland, and on parts of the Challenger Plateau off the West Coast. Deep-skinned to remove a layer of inedible, oily wax under the skin.

Seasonal availability



Product Specifications



Chilled

Chilled fillets:

Skinless/boneless. Run of catch.
10kg (22.04lbs) per poly box.
5kg (11.02lbs) per tray pack.

Headed and gutted:

Run of catch 12kg (26.46lbs)
per poly box.
60–115g (2–4oz) 115–175g (4–6oz)
175–225g (6–8oz) 225g (8oz)

Keep well chilled 0°C (32°F).
Product received whole should
have fillets removed to retain fillet
quality and shelf life.



Frozen

Frozen fillets:

Skinless/boneless, graded. Shatter pack
10kg (22.04lbs) per carton.

Frozen whole:

Individually bagged, layer packed in
10kg (22.04lbs) carton.

500–750g	750–1kg
1–1.25kg	1.25–1.5kg
1.5–1.75kg	1.75–2kg

Best stored at –18°C (0°F) in
supplied strapped cartons to avoid
freezer burn/dehydration.

Recommend cooking from frozen or
semi frozen state to retain succulence.
Do not thaw as fillets are moist.

Where we're fishing



Nutritional Information

Amounts (per 100g raw fillets)

Energy	536kj
Protein	14.6g
Total Fat	7.8g
Saturated Fat	0.5g
Cholesterol	0.3g
Sugar	0.3g
Sodium	60mg

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